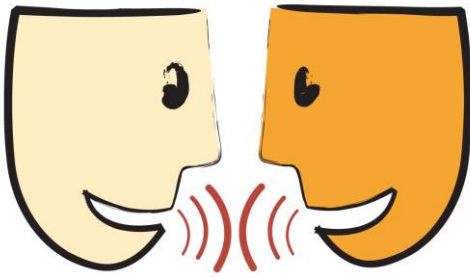




Calming Down Tricks



Tell someone how you feel



Distract yourself by thinking happy thoughts



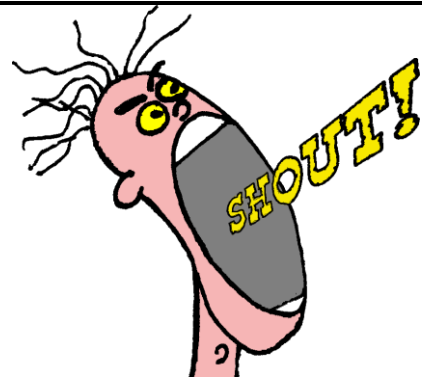
Count backwards in 10s from 100



Take some exercise



Switch on your thinking brain. Don't do anything until you've had time to think



Go to a deserted place and shout